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FROM YOUTH
INTO MANHOOD
WINFIELD S. HALL

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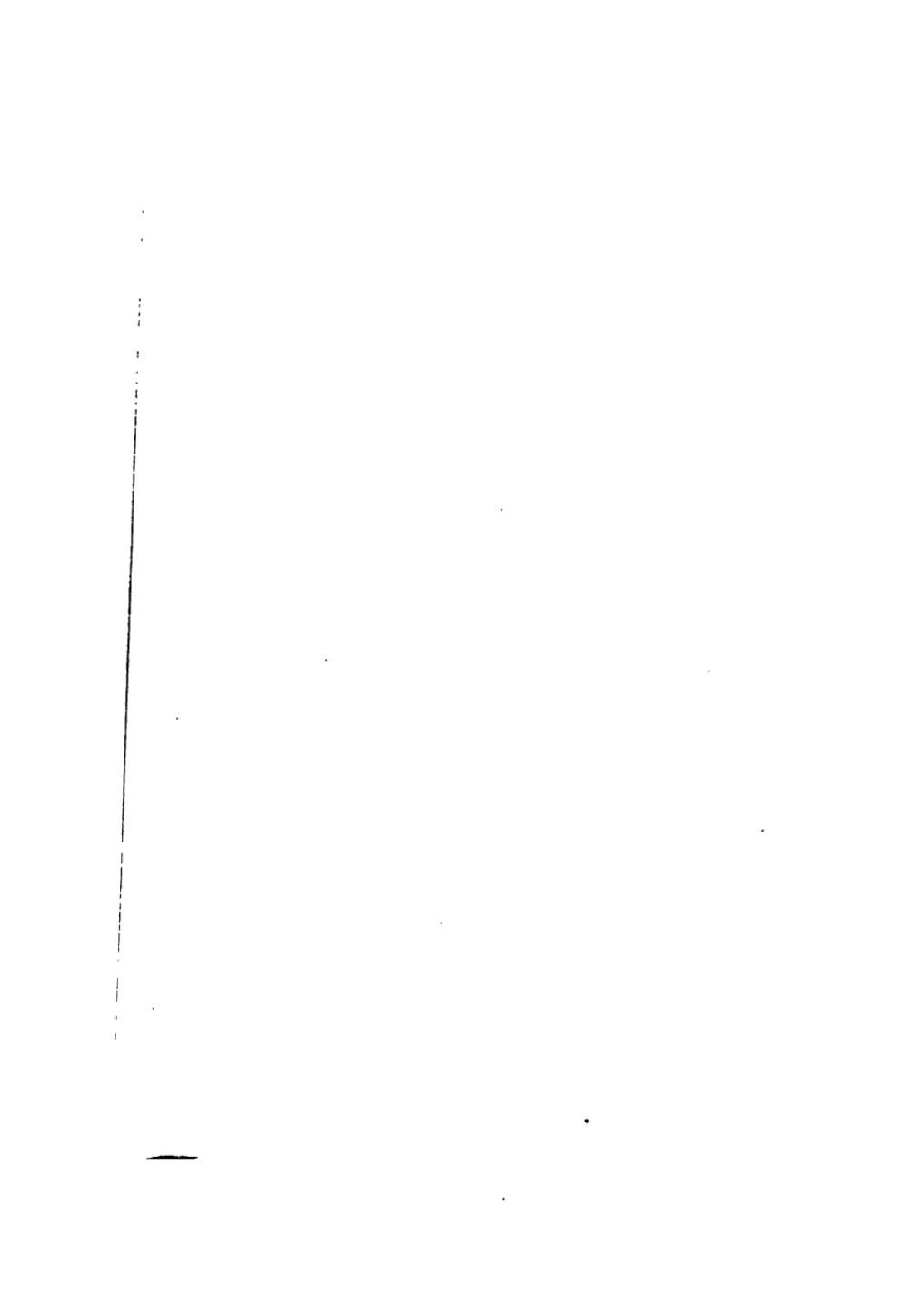
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**Widow of Edward Brooks Hall, D.D.,
Divinity School, Class of 1824**







FROM YOUTH INTO MANHOOD

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INTRODUCTION BY
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FOREWORD.

Every youth as he passes from his boyhood into manhood may be likened to a traveler starting upon a journey across a land to him unknown.

His desire and hope it is to reach his destination without straying from the right road. For this reason he provides himself with maps and other information that will enable him to avoid dangers by the wayside.

This book is intended as a map of the road which the youth must travel. It is hoped that the information and suggestions herein contained will enable him to find his way safely to the promised land of sturdy manhood.



CONTENTS.

	PAGE
Introduction	7
I A Type of Young Manhood.....	11
II Adolescence, or Steps Into Man- hood	18
III Anatomy and Physiology of the Male Sexual Organs.....	31
IV Sexual Hygiene of the Young Man	51
V Personal Hygiene	69
1. Diet	69
2. Baths	93
3. Exercise	97
4. The Hygienic Requirements of Sleep	101
5. The Control of the Thoughts.	104



INTRODUCTION.

It is exceedingly imperative that recourse can be had to high grade literature for use in education in sexual hygiene. There is a paucity of good literature bearing upon this subject. There is on the other hand much that is poor, unscientific and morbid in its mental reactions.

Dr. Winfield S. Hall has made a definite and constructive contribution to the literature through his book entitled "Reproduction and Sexual Hygiene." It is being used very extensively and efficiently among older high school boys and college young men as well as other young men in commercial pursuits. His theory on the physiology of nocturnal seminal emissions contained in that book is most unique and

INTRODUCTION

has done a world of good in eliminating the morbid ideas usually associated with this condition. He has raised it from a pathological disturbance into the realm of a normal physiological act. We are greatly indebted to Dr. Hall for this lucid and scientific treatment.

There has been demanded for some time in addition to literature for young men and older boys, a book that can be placed in the hands of preadolescent and early adolescent boys of about the ages eleven to fifteen. This book "From Youth into Manhood" is intended for boys of those ages and its publication is upon the request of a number of men who are workers with boys, principally in the Young Men's Christian Association.

I believe this book meets a great need and commend it most heartily for use among boys of the ages mentioned. It is sane, dignified, scientific and yet popular. Beginning with the romantic story of Ab it immediately secures the attention of the

INTRODUCTION

boy, then leads him gradually into the more technical description of his sex organs, then relates the subject to himself through the interesting story of the colts Morgan and Jack, dealing with him sympathetically throughout; and without any morbid suggestion whatever, it finally, through simple hygienic suggestions shows the boy how to secure a healthy body and a pure mind.

The publication of this book meets a long felt want and enriches our sex literature.

GEORGE J. FISHER, M.D., M.P.E.



A TYPE OF YOUNG MANHOOD.

Long before the Druids inhabited the forests of England, a primitive people lived in caves near the mouth of the Thames river, subsisting on clams dug from its muddy shallows, fish hooked from its placid deeps, succulent roots from its swamps and meadows, nuts gathered from the copse, and birds snared in the neighboring woodlands.

For weapons in war and the chase they used clumsy spears whose heads were chipped from the flint nodules dug out of the neighboring chalk cliffs.

The dangers of this primitive life were many and great. Rapacious animals such as the great cave bear, the tiger and the wolf lurked in the forest shades; while the animals, sought in the chase—the wild

FROM YOUTH INTO MANHOOD

boar, the elk and the mastodon—were dangerous antagonists when brought to bay.

Ab* was one of the youths of the tribe. He was different from the other youths in two important particulars. In the first place, he stood and walked erect and with his shoulders back. This made him taller than any of his fellows and it gave him a larger lung capacity and consequently a greater endurance.

In the second place, Ab was thoughtful. When he saw anything which he did not understand he thought about it long and earnestly. As a result he made many discoveries and came in time to be widely honored for his knowledge and greatly respected for his wisdom.

The most important of his discoveries was that, with a bow of elastic wood he could throw a shaft, like a miniature spear,

*Read Stanley Waterloo's *inimitable* "Story of Ab" for further details.

A TYPE OF YOUNG MANHOOD

with deadly effect. The discovery was accidental, and the bow was developed step by step through many crude stages till finally he had a weapon with which he could bring down a pheasant from the top-most branches of the tallest tree.

He worked at his weapon and practiced in its use till he had a bow so long and so strong, arrows so straight and so keen, an arm so brawny and so sinewy, and an aim so sure and unerring, that the buck—surprised in the watering place—was certain before he could leap away from the danger to be transfixed with Ab's deadly shaft.

While Ab was developing his weapon he fell in love with Lightfoot. Lightfoot was the most beautiful maiden in the region and was so called because she was fleetest of foot of all the tribe.

Ab showed his preference for Lightfoot on the occasion of the barbecue of a great mastodon by getting tender bits of the flesh, holding them over the glowing coals on the tip of a slender branch, roasting

FROM YOUTH INTO MANHOOD

them till their finest flavors were developed, and then handing them to Lightfoot.

That Lightfoot should accept his favors and refuse them from any of the other youths so pleased Ab that he quite forgot to eat, until Lightfoot had been satisfied.

Now Oak, Ab's chum, also loved Lightfoot and his heart was filled with jealousy as he saw Ab's viands accepted while his were refused.

In these days when two young men love one girl, each declares his love to her in a manly, straightforward way and leaves it to the young woman to choose between them. But in those days the matter was settled differently.

Ab and Oak met the next morning. Each was on his way to the cave where Lightfoot dwelt. Each mistrusted the plan of the other. To their primitive minds there could be but one way to settle the matter. So, under the widespreading branches of a primeval pine tree they fought—and *they fought!—AND—THEY—FOUGHT!*

A TYPE OF YOUNG MANHOOD

Ab's strength and endurance stood him well in hand. After this encounter Ab's right to Lightfoot was undisputed.

When Ab approached the cave where Lightfoot's people lived she saw him coming. She did not come out to meet him with a warm welcome; though she admired Ab because of his strength and prowess, yet she half feared him. Following the custom of the tribe she would give him a chase. "If he could not catch her and over-power her, she could not trust him to protect her against all the dangers of that wild life." So she sped along the devious paths of the forest. But true to the instincts of her sex she did not run as fast as she could. If she had done so she would have lost Ab in the labyrinthine mazes of the crossing paths; but she kept just out of his reach and exulted in her skill in avoiding his rushes. But little did she count on Ab's endurance.

Lightfoot was a sprinter; Ab was a long-distance runner.

FROM YOUTH INTO MANHOOD

When, after a half-hour, Lightfoot began to breathe heavily, Ab had gotten his "second-wind" and was just beginning to run. Why! Ab could run all day!

It was in a little clearing that Ab caught his well-earned prize. When Lightfoot felt his vice-like grasp tighten upon her arm she stopped and turned. She was his. As she looked up into his clear, honest eyes she knew that she was to be the mate not only of a loving master, but of a fearless and far-feared protector. As Ab looked down into her lustrous, love-lit eyes he knew that he had won a wife who would be true to him until death should part them. There under the blue dome of that far off day the sun looked down upon this man and woman, mated for life, and blessed their union and hallowed it.

A few years later Ab's stalwart, virile manhood won for him the position of Chieftain of his tribe. He led his people away from their meagre and outgrown camp, several days journey to the westward and

A TYPE OF YOUNG MANHOOD

into a beautiful valley where game and fruit abounded, and where his clan could grow into a great nation.

We need not recount the struggles which they had before they came into possession of this "promised land," or the battles which they fought to defend it. It is enough here to say that to the end of their days Ab and Lightfoot lived true to each other and devoted to the highest welfare of their people.

That the story of Ab and his bow, and of the journey to the beautiful valley was told by mothers to their children for many generations is not to be wondered at.

ADOLESCENCE, OR STEPS INTO MANHOOD.

The life of every animal is divided into various stages or periods. In the case of the human being, we have the following stages: Infancy, Childhood, Youth, Manhood or Womanhood, Old Age. Generally youth begins at from thirteen to fifteen years in boys, and from eleven to fifteen in girls.

Youth is that period during which the individual is developing toward the full stature of manhood or womanhood, and is called by scientific men the period of *Adolescence*.

If we confine our attention to the male sex, we shall find that the period of adolescence begins in some boys, as early as the thirteenth year; in most boys it be-

STEPS INTO MANHOOD

gins about the fifteenth; but in others it may not begin till the seventeenth. So we may say that in the average boy, development into manhood begins at about the fifteenth year.

Every boy should know by what stages he develops from youth into manhood; that is, he should be acquainted with the steps of his adolescent development.

The first thing noticeable in a boy's progress toward manhood is his change of voice. The high pitched treble of boyhood changes step by step into the clear ringing tenor of manhood. Or, the lower alto of boyhood changes into the deep, sonorous bass of manhood. These changes of voice may occupy as much as two years, surely not less than one year. If a boy has been singing in a church choir, it is usually necessary for him to stop singing for a period of a year or two, until his voice becomes settled.

This change of voice is not peculiar to the human subject, but a similar change

FROM YOUTH INTO MANHOOD

is observed in many of the higher animals.

Another change noticeable in the adolescent youth is the growth of the beard. Boys of fifteen whose voices have begun to change are certain to notice that the downy hair on the upper lip and chin begins to grow into stiffer, darker colored hair, forming their first beard. If this hair is removed every week or two with a keen razor, it will by this method be stimulated into a still more rapid growth. This growth of the beard on the face is only a part of a general increase of hair growth. Nature seems to be furnishing the developing man with a hair protection and covering on various parts of the body.

Very much more important than either of the changes above mentioned is the youth's growth in size. About the same time that his voice begins to change, he will begin to grow rapidly in height. Not only do his legs get longer and his back longer, thus causing his increase in height, but his arms get longer also. This increase in

STEPS INTO MANHOOD

height and in reach of arm is brought about by the increase in the length of the bones.

It is a very curious and interesting thing that this growth in the bones begins several months before a similar growth in the muscles, so that the youth passes through the awkward stage, or the "ugly duckling" stage of his development.

The reason for this ungainly awkwardness is that the muscles not only fail to keep pace with the bones in growth, but they are flabby, lacking in firmness and the power of a steady pull, so that it is difficult for the youth to hold his back straight and his shoulders back. He is easily fatigued, because of the condition of his muscles.

When a youth is in this stage of his development, he is not in a physical condition to do heavy muscular work, whether this work takes the form of athletic or gymnasium training and contests, or heavy work on the farm or in the shop. For a period of a year or eighteen months, the youth should avoid all heavy muscular

FROM YOUTH INTO MANHOOD

strain, feeling confident that in a few months he will be able to take his place again in the ranks of the heavy workers without in any way endangering his physical development or future health.

The lanky, lackadaisical stage of development is rapidly brought to a close by the development of large masses of firm muscle tissue, which fills out arms, legs, back, shoulders and chest. The growth of these muscle masses changes the dimensions of the youth, and he fills out in his girths as rapidly as in the previous period he increased in length measurements.

It is easy to understand that the great increase in bone and muscle will require a similar increase in digestive organs, lungs and heart, because the greater the amount of muscle tissue, the more food and oxygen will be required. So we find in the average youth that between the seventeenth and nineteenth years these organs reach their maximum development.

If one is interested in *the why* of all this

STEPS INTO MANHOOD

wonderful process, he has not far to seek for the answer. Nature is preparing in the youth *a home builder*; she is preparing an individual who can support and protect not only himself but also a family. This equipment in the case of primitive man must necessarily be one of bone and brawn. Remember the case of Ab. He would not have been able to win Lightfoot, nor to have protected his growing brood of children, nor could he have been the leader of his people, if he had not possessed a magnificent physical development.

Although under the conditions of modern society the necessity for bone and brawn is somewhat less marked, the plan of nature is no less evident and no less interesting. Even the young man of to-day has a very much better chance in his struggle for advancement if he has a strong and well-developed body.

* * * * *

In addition to the changes already described, other most important changes are

FROM YOUTH INTO MANHOOD

going on in the body. These changes are probably noticed only by the youth himself, and he notices only the external signs, which are the least important. The external male organs or genital organs, besides showing the hairy growth referred to above, are all greatly increased in size. The penis is increased in all of its dimensions; the testicles, which contain the seed of new human lives, become very much increased in size; the scrotum or bag that carries the testicles, probably because of their increased weight, is also lengthened.

The testicles and other glands of the genital system gradually develop the power of forming perfect seed, called semen; this is capable when joined with the egg or ovum that grows in the corresponding female organs, of producing a new human life. The semen is said to fertilize the ovum. When these organs are developed to that point, the *period of puberty* is complete.

It may be stated here, that the whole

STEPS INTO MANHOOD

period of adolescence lasts in the average youth from the fifteenth year or before to the twenty-fifth year. It thus takes Nature ten years to make a man out of a boy. The fact that the youth is able at about the seventeenth year (in some boys as early as the fifteenth) to produce semen capable of fertilizing the human ovum is not for a moment to be interpreted as indicating that at the early age of fifteen or seventeen the youth is ready to assume the responsibilities or the physical tax of home-building. Nature has only taken one step toward complete manhood in his case.

In this connection it is important to note that the development of the testicles produces a profound effect upon both the physical and mental characteristics of the young man. This effect is produced through a substance formed in the testicles and reabsorbed into the body, thus gaining access to the blood where it exerts its mysterious but profound influence. Just

FROM YOUTH INTO MANHOOD

how this affects the mind and body will be discussed in detail in a later chapter.

* * * * *

We have just been discussing the changes in the youth's body as he develops into manhood. Let us now consider the relation of these changes to the development of his mind and of his character.

Most of the higher animals, particularly all races of men, devote a large part of the energies of the adolescent period to sports or games in which individuals contend with each other or teams of individuals contend with opposing teams. These games and sports bring into play the various powers of the nervous and muscular system, such as alertness of all the senses, readiness and correctness of judgment, agility, speed and strength of movement. Sports might be criticised by some because they represent a non-productive expenditure of energy. On the contrary, no energy ever expended by the young man is so highly productive of so precious a material as results from manly



STEPS INTO MANHOOD

athletic sports. The product of these games is not only muscle and nerve tissue, which is greatly increased in bulk by exercise, but also a more perfect control of the muscular system by the brain, so that the movements of the youth become more graceful and accurate as well as more forceful.

Thus, athletic sports, while they make draughts upon the nerves, muscles and glands, develop all of these tissues to a high degree of efficiency. The plan of nature in this instinctive indulgence in sports must be evident: *Nature is educating and developing the male animal (man) to the highest possible degree of efficiency.* Thus sports, instead of being non-productive, lead to the development of structures possessing a high degree of value, not only to the individual, but also to society.

Furthermore, those qualities of mind that are encouraged on the athletic field between contestants in a game are the qual-

FROM YOUTH INTO MANHOOD

ities that in the later, serious struggles of life make most for success.

The youth should not understand from what has just been stated that his bodily activities are to be devoted wholly to athletic sports, important as these are. Experience shows that the youth undergoes a more wholesome all-round development if he takes some active part in a productive employment than if he is allowed to devote all of his energies to play. The simple fact that he is held responsible for some duty about the house or the shop develops in him not only a knowledge of how to do things and a sympathy with older persons who are devoting their strength largely to similar tasks, but—more important that either of these considerations—these tasks develop in him the ability to accomplish promptly and efficiently some piece of work as a duty—to do it regularly and promptly because it is a duty without any reference to a personal enjoyment in the task. If this important lesson in life is learned during

STEPS INTO MANHOOD

the early adolescent period, it will make the path of life much less rugged than some seem to find it.

* * * * *

Accompanying the activities of the athletic field, the youth is brought into more or less intimate contact with fellows of his kind, both of the same and of the opposite sex. While the boy of fifteen delights in the forming of "cliques, gangs and bunches," the boy of seventeen delights equally in widening his circle of acquaintances. The athletic contest gives him an opportunity not only to measure his powers with those of other young men, but also to win the respect of his young women acquaintances. There is no doubt that their interest in the exhibitions of his prowess and strength in sports serves as a strong factor in the stimulation of athletic contests and in bringing the sexes together in a purely social capacity.

* * * * *

In the development of the all-round man,

FROM YOUTH INTO MANHOOD

we must take note not only of the physical and mental, but also of the moral. It has been found that a vast majority of professing Christians join the church during the early part of their adolescent period. This means that a moral development implying definite relations between every man and his Creator is a part of the plan of Nature, which is only another name for the working of God's law.

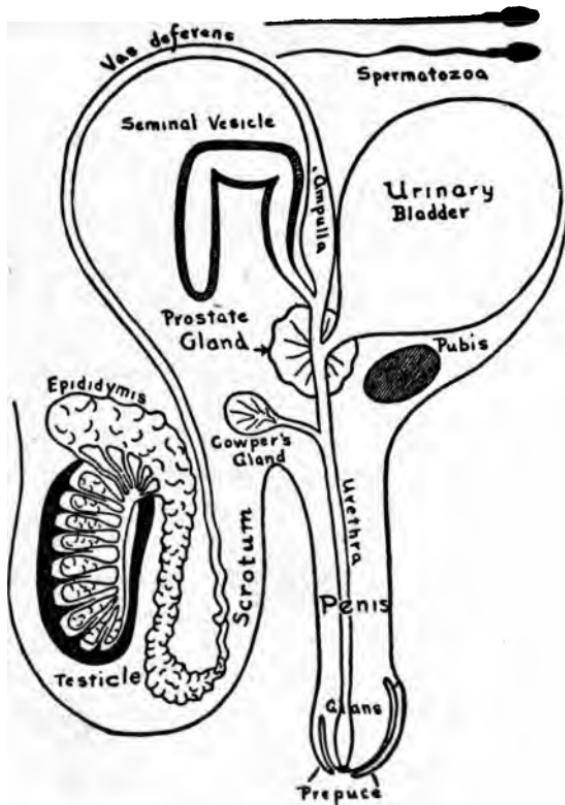
ANATOMY AND PHYSIOLOGY OF THE MALE SEXUAL ORGANS.

Every young man should understand, not only the formation of his genital or sexual organs, but should also understand their function, or their physiology. If he understands how they are made and how they work, he will easily see how they should be cared for.

The sexual organs are classified as external and internal. The external are those that are on the surface of the body and visible, while the internal are those portions of the sexual system which are enclosed within the body and are therefore not visible.

The accompanying figure gives a diagram of the male sexual organs. The external organs are the penis and the scrotum

FROM YOUTH INTO MANHOOD



Male Sexual Apparatus

MALE ANATOMY AND PHYSIOLOGY

with its contained testicles; while the internal sexual organs consist of the seminal vesicles, prostate gland and the Cowper's glands, there being two vesicles, one on either side, and two Cowper's glands, one on either side. But there is only one prostate gland, and that surrounds the neck of the urinary bladder.

Turning our attention now to the external sexual organs, notice that the penis has throughout its length the tube or urethra which passes from the urinary bladder through the organ and opens at its end in a narrow vertical slit. The lower end of the organ is covered with a coat of skin called the prepuce or fore-skin. The Hebrews from before the time of Moses down to the present time, have removed the fore-skin from the man child on the eighth day after birth, at the time of the christening. While this is a religious rite with the Hebrews, the medical profession of the present time have found that it is also a most important hygienic measure, as its re-

FROM YOUTH INTO MANHOOD

moval prevents the collection of secretions which frequently cause a local irritation. Many boys learn the destructive habit of self abuse long before they reach the age of puberty, simply through an attempt to allay a local itching caused by accumulation of these secretions.

It is therefore generally advised by the medical profession that every boy should have this simple operation of circumcision, particularly if he has by some misfortune learned the habit of self abuse.

If the prepuce is properly developed it should be sufficiently loose easily to slide back from the head of the organ, a position it is likely to take in erection. If the prepuce extends half an inch or more beyond the head of the penis as a little flap of skin, or if it is so small at the opening that it is difficult to draw it back or to replace it when it is once back, the condition is not normal and should have the attention of a competent surgeon.

Turning our attention now to the testicles

MALE ANATOMY AND PHYSIOLOGY

or the male sexual glands, you will notice in the figure that they are contained in a pouch of skin called the scrotum. The testicles are formed in the lower part of the abdomen, while the child is developing before birth, and pass down through a canal in the groin into the scrotum about the time of birth. It sometimes happens, however, that the testicles do not come down into the scrotum for many months, or even years. If the youth finds when he has reached the age of adolescence that one or both of his testicles are still retained in his body, leaving his scrotum empty, he should go at once to his father and show him his condition. The father will unquestionably take his son at once to a competent surgeon, who will devise means to bring the testicles down into the scrotum if it is not already too late to do so.

Notice in the diagram that the testicle is composed of many lobes divided one from another by projections from the outer coat of the testicle. Within these lobes are de-

FROM YOUTH INTO MANHOOD

veloped the two secretions of the gland, namely, the external secretion and the internal secretion.

External secretions are those which are poured out upon a mucous surface; for example, the secretion from the salivary glands poured out into the mouth is an external secretion. Tears are an external secretion. So are also the gastric juice and the pancreatic juice, which are secreted into the digestive canal.

Internal secretions are those which are poured from the gland back into the blood vessels or lymphatics. If you feel of your larynx with thumb and fingers, pressing them deeply into the throat on either side of the larynx and moving them up and down, you can feel a glandular body. This is called the thyroid gland. This gland has no duct or tube leading away from the gland and emptying into either the esophagus and trachea or on any other mucous surface. So the medical men were at a loss for a long period of time to know the

MALE ANATOMY AND PHYSIOLOGY.

function of this gland. It is only comparatively recently that they have discovered that the gland pours its viscous yellowish secretion directly into the lymphatics, which in turn pour it into the blood.

This internal secretion from the thyroid gland profoundly influences the development of the young, growing individual. If the thyroid gland were removed from a baby, the child would not grow up into a normal healthy individual, would never be able either to walk or talk and would sit staring by the hour at any bright objects at hand, drivelling and mumbling incoherent sounds. In other words, this individual instead of developing into a normal, healthy, vigorous person, would develop into a drooling idiot, and all because of the lack of the secretion from the thyroid gland. I have described the thyroid gland in such detail in order to show the great influence that internal secretions may have upon the growth and development of the body.

FROM YOUTH INTO MANHOOD

There are several glands in the body besides the thyroid gland that form internal secretions. Just above the kidney and attached to that organ, is a little gland whose secretion, poured into the blood vessels, controls the muscles of the smaller blood vessels, and determines whether these blood vessels shall contract or relax.

Without describing further the glands which form internal secretions only, let us turn our attention to some glands in the body which form both external and internal secretions. The pancreas belongs to this set of glands. With its external secretion, known for generations by the medical profession, and now understood by every school boy, you are familiar. You remember how it is poured into the duodenum, there to produce digestive changes in the foods. With its internal secretion, medical men have only recently become acquainted. We have found that it pours into the blood a substance which in some mysterious way

MALE ANATOMY AND PHYSIOLOGY

influences the use of starches and sugars in the body.

The liver also produces both external and internal secretions. The bile poured into the duodenum is the external secretion of the liver. The internal secretion is poured back into the blood, either to be used later or to be carried to the kidneys and excreted.

The testicle belongs to the group of glands which form a double secretion. The external secretion of the testicle is called *the semen*. The principal constituent of the semen is the spermatozoon. Spermatozoa are formed in the testicle from the age of puberty until the period of old age, that is, until about the 70th year.

Referring to the diagram, note at the upper right hand corner the two spermatozoa shown. Notice that these structures consist of a head, neck and tail. The lower one of the two shows the tail in an undulating form. This is to represent the fact that the spermatozoa possess the power of sweeping the tail back and forth in an un-

FROM YOUTH INTO MANHOOD

dulatory movement. Then the spermatozoon must be a living thing. So it is and no cell of the animal body possesses a greater amount of vitality and endurance, or greater possibilities of power than the male spermatozoon. With no nourishment whatsoever the spermatozoon can keep up this strong lashing of the tail from side to side for several days. When it is provided with the usual nourishment which nature prepares for it, the movements may be continued for a period of eight days, unabated in strength. When we remember that these movements are continued twenty-four hours out of the day, we must be convinced that no other living thing could excel this performance.

When the spermatozoa are formed in the testicle they seem to be asleep, because they remain absolutely motionless for days, weeks and even months. They seem dead, but they are not dead, they are only sleeping. The first question that any inquiring individual would ask is, "What is required

MALE ANATOMY AND PHYSIOLOGY

to wake them up?" The answer is brief. A study of these cells in the lower animal under various conditions of life shows that *these cells are awakened by sexual excitement.* Further, that sexual excitement is the only thing which can or does waken them.

The external secretion of the testicle consists, therefore, of the living spermatozoa floating in a small amount of liquid, the whole having a milky appearance. The milky appearance is given by the myriads of spermatozoa which are so small that a thousand of them could swim about with plenty of room in a little droplet of water the size of a pin head; and so numerous that many millions of them would be contained in a teaspoonful of normal semen.

I have gone into these details in order that the young man may realize what an immense amount of vitality is represented by this external secretion.

Let us now turn our attention to the internal secretion from the testicle. In com-

FROM YOUTH INTO MANHOOD

mon with all of the other internal secretions, this one is poured into the blood and lymph. The figure does not show the blood vessels, which follow along the vas deferens down into the scrotum and have numerous loops that intermesh with the thin-walled tubules of the epididymis. This intimate relation between the sexual system and the circulatory system, has only recently been understood by the medical profession. Extended researches in the laboratories of Paris, Vienna, Berlin and Stockholm have demonstrated that this intimate relation between the blood vessels and the tubes of the testicle is for no other purpose than to permit the internal secretion of the testicle to gain access to the blood.

The influence of the internal secretion from the testicle upon the development of the individual is no less profound and far reaching than is that of the thyroid gland. While the thyroid gland exerts its influence in early childhood, the testicle exerts its influence in early manhood, that is, from the

MALE ANATOMY AND PHYSIOLOGY

beginning of the adolescent period. You will remember that I illustrated the influence of the thyroid by telling you what would happen if that gland were removed. It has been found by the medical profession that the surest way to find out the influence of any gland is to remove the gland in question, and then watch the results.

For a very long time in human history, it has been a common practice to remove the sexual glands from a large proportion of the males among domesticated animals. It has been known that this exerted a great influence, but the significance of the whole matter has only recently been understood. In order to get a clear mental picture of what takes place in one of these animals, let us consider the example of the horse.

My early life was spent upon a farm. My father devoted considerable attention to the raising of horses. For many years we kept at least one stallion upon our western ranch. I well remember two beautiful colts which grew up on this ranch. I had named

FROM YOUTH INTO MANHOOD

them Jack and Morgan. They were dappled brown and two years old, beautiful to look at and as alike as two peas in a pod. One day my father said, "I shall have the veterinarian come and castrate Jack, but we will keep Morgan for a stallion." To my question as to the meaning of the word castrate, he replied "Wait and see," so I waited. The veterinarian came. The tripping harness was put upon Jack, he was led out of the stall, there was a sudden jerk upon the tripping lines and Jack fell. My father held his head down so that he would make no attempt to rise. The veterinarian took out his case of instruments and in less time than it takes to describe it, he had removed Jack's testicles. The colt was released; he got upon his feet and staggered off into the corner of the lot, where he stood trembling, forgetting even to shake the dust from his glossy coat. He stood there with his head down, and he never again lifted his head as high as he had lifted it before.

MALE ANATOMY AND PHYSIOLOGY

In a few days, he had recovered from the surgical operation and joined the other horses in the pasture. But notice the difference between these two young horses at the end of the next year.

The third year of a horse's life is his adolescent period. During that period he develops from callow colthood to husky horsehood, reaching the full stature of his virile horsehood by the time he is three years of age.

When Morgan was three years old he was one of the most beautiful horses that I have ever seen. He carried his head high on a massive arched neck. There was fire in his eyes and alertness and strength in every movement. He had a swift, graceful gait and an untiring endurance.

But what of Jack? What had his third year done for him? Jack was a good horse but he was only a gelding. Just a common beast of burden. He was so different from Morgan in all those splendid qualities of masculine horsehood that he would almost

FROM YOUTH INTO MANHOOD

have been taken for an animal of another species. And what was the cause of the difference between these two animals? During all that year Morgan had received from his testicles every hour in the day, and every day in the year a mysterious, potent something that had determined the direction of his development. This material which had exerted such a magical influence upon his development had been formed by his testicles, poured into the lymph and blood, carried to the heart and from this organ forced out in a throbbing stream into the muscles, brain and glands, there to exert its typical influence. But Jack, having lost his testicles, was deprived of the influence of such a secretion and therefore failed to develop those physical and temperamental characteristics typical of a stallion.

So we have discovered the source of the stallion's strength and beauty. What is true of the horse is true of man. The young man at puberty begins to receive

MALE ANATOMY AND PHYSIOLOGY

from his testicles the internal secretion which leads to the development of his full manly powers. The sum total of the qualities peculiar to manhood has been called VIRILITY. For want of a better word, this term has been applied to the sum total of the male qualities of any animal whatsoever, so that the male qualities of the stallion are also compassed in the term virility.

The thoughtful and inquiring young man will naturally wish to know at this point if this lesson from the beast of the field can be applied in all its details to the human subject; if man, without any artificial or unnatural means may develop a full and complete virility; if like the horse, he can maintain a strict continence—that is, keep the semen, unspilled, in his body—for months or even years without suffering any decrease of virility and of physical powers in general. The answer of the medical profession to these questions would be in the affirmative.

FROM YOUTH INTO MANHOOD

An exact parallel to the gelding referred to can be found in the eunuch of the Orient. If the human male is castrated before puberty he develops into a being as different from a virile man as the gelding is different from the stallion; a being whose physique resembles in many respects that of a woman, and whose temperament manifests qualities of cringing servility and lack of initiative and of courage.

From the description already given of the function of the testicles it must be clear that these glands have a double office to perform: first, the internal secretion absorbed into the blood causes the youth to develop those qualities of body and mind which stand for virility or manhood; second, the external secretion poured out through the urethra and deposited in the female organs during sexual intercourse, causes the development of a new human life—a baby. The first of these secretions fits the youth for home-building; the second enables him to bring children into the home which he has

MALE ANATOMY AND PHYSIOLOGY

built. The first of these functions evidently must go before the last. The first makes a man out of a youth. The second produces out of the man, the youth of the next generation. Both of these wonderful powers are God-given and sacred. Let every youth guard them as he would guard his life.

In a story of Eastern life a certain author has introduced a typical Oriental eunuch, Boges. This individual lost his testicles when he was a boy. As one reads of his intrigues in the court of the King of Persia, of his falsehoods, his avarice, and his cruelty, one feels a loathing for the despicable creature such as all true men must feel in the presence of an unsexed man. Boges did not possess even one of the qualities of true manhood. He possessed neither sincerity, nor courage; his whole thought was of self—the comforts and rights of others were sacrificed wantonly.

The reader must be convinced that much of his success in life depends upon the care

FROM YOUTH INTO MANHOOD

of his sexual system. If he is to show those qualities of body and mind universally recognized as typical of virile manhood, he must not only have normal testicles but they must be kept in a normal condition. Just how the latter may be accomplished will be fully described in the next chapter.

SEXUAL HYGIENE OF THE YOUNG MAN.

Hygiene means health. We usually use the word to include those laws of health which are based upon physiology. *The laws of hygiene are the laws of right-living.* Sexual hygiene, therefore, is a presentation of the laws of sexual right-living. Departure from sexual right-living usually takes one or the other of two forms: first, the so-called "secret sin," masturbation or self-abuse; and, second, improper relations with the opposite sex. Impulses toward these two forms of sex sin seem to arise from one or the other of two causes: first, from the influence of low-minded, vulgar associates; or second, from some physical difficulty. In any particular case, however, both of these causes may be active.

FROM YOUTH INTO MANHOOD

It would be difficult to conceive of a more unfortunate thing to happen to a young man than to come into association with any of those low-minded people who are themselves guilty of immoral practices, and who delight in filling the minds of persons younger than themselves, and inexperienced, with their inexhaustible supply of vile stories and rank misinformation.

The fact that most parents are reticent with their children on this subject, and seldom mention it, or permit it to be brought into the conversation, leaves in the mind of the youth the impression that there is mystery and secrecy about the whole subject. So when he meets any older person who appears to have knowledge of the subject, he becomes a ready listener, lending eager ears and an easy readiness to believe anything that his informant may see fit to say. If such unfortunate experience should come when the youth is just entering his adolescence, there will be added to the zest that comes from getting forbidden in-

SEXUAL HYGIENE

formation, the physical stimulus of a maturing sexuality. So, the youth pushed on from within, and led on from without, devotes a very large part of his waking hours to sensuous imaginings, and no small part of his sleeping hours to excited dreams. There is little wonder that a youth subjected to such unfortunate conditions is sorely tempted to depart from his life of personal purity, and fall a victim of one or the other of the two lines of temptation already mentioned. If, when the young man wishes information regarding these matters, he would go direct to his parents and ask them frankly to explain everything to him, he would probably find them ready to give all needed information. Failing to do this, he drifts like a sailor on an unknown sea without a compass.

In discussing briefly the two forms of sexual sin referred to, let us take first the one most prevalent among boys and young men, namely, self abuse. As the reader probably knows, this act consists in the rub-

FROM YOUTH INTO MANHOOD

bing or moving of the penis with the hand, or causing friction in any other way which leads to an excited feeling. In a general way, this act is the physical equivalent of a sexual intercourse. However, it is generally agreed that being an unnatural act, it is more depleting than is normal sexual intercourse. Then too, those boys and young men who do this act are likely to resort to it far more frequently than they would resort to sexual intercourse if that were their particular form of sexual gratification.

Whenever we disobey the laws of Nature we are compelled by Nature to suffer a penalty. There is no escape from Nature's penalty. Nature never forgives a sin against her laws. Furthermore, Nature may visit her punishments not only upon those who actually commit the sin but upon other, usually innocent, people.

So with the one who has broken Nature's laws in the sin of masturbation, Nature punishes him by removing, step by step, his manhood. This is brought about in a very

SEXUAL HYGIENE

natural way, easy to understand. From the preceding chapter, you can readily see that the artificial stimulation of the sexual organs by handling them and thinking about them, would cause a pouring out of myriads of spermatozoa. While these just-released spermatozoa are rushing to their meeting-place in the Ampullae, they sweep before them, out of the tubes of the Epididymis, all of the secreted, but not yet absorbed, internal secretion. When at the climax of the act these fluids are poured out, the system loses not only the freshly released spermatozoa with all their prodigious potentiality, but also a portion of the internal secretion which Nature has prepared to make the youth more virile and more manly.

As this act is repeated from week to week, or as in some extreme cases, every day or two, the youth feels the foundations of his manhood undermined. He notes that his muscles are becoming more and more flabby; that his back is weak; his eyes

FROM YOUTH INTO MANHOOD

may after a time become sunken and "fishy," his hands clammy; he is unable to look anybody straight in the eye. As the youth becomes conscious of his weakness, he loses confidence, refuses to take part in athletic sports; avoids the company of his young women friends; and becomes a non-entity in the athletic and social life of the community. So far as his school record is concerned, he may succeed very well in his studies for a number of years but eventually his memory begins to fail, and just at the time when he is trying to prepare for some useful life work, he wakes up to the realization that his mind is as flabby as his muscles, lacking in force, originality and power to think things out.

But if Nature is severe in punishing the sinner, she is also kind to the one who turns from his error, and like a loving mother kisses the cheek of her repentant right-living child and brings back to it the ruddy flush of health. After a young man who has been guilty of this sin finds out his er-

SEXUAL HYGIENE

ror, he will of course, never repeat the act again. It will require every bit of will power that he has to overcome this habit, but as a rule the young man stops it positively as soon as he learns the effect which it will have upon his system. If he has not carried his habit to extremes, he will probably recover within six months or a year of right-living. If he has practiced the habit to an excess that has caused all of the symptoms already noted to appear, he will probably even then wholly recover his manhood by three years of right-living.

Here are a few rules that will help the young man who wishes to overcome the habit just described.

First: Sleep on a hard bed, under light cover, on the right side, in a well ventilated room.

Second: Eat lightly, of simple foods, well cooked. Eat meat not more than once a day. Avoid such unnecessary things as pepper, strong tea, coffee, tobacco, and alcoholic drinks.

FROM YOUTH INTO MANHOOD

Third: Do not think about your shortcomings but throw your whole energy into your work.

Fourth: Arise three-quarters of an hour before breakfast every morning, take a cold sponge or shower bath; drink two glasses of cold water; dress and go out and walk around the block before breakfast. However, if you are so situated that you need to do some work about the house before breakfast, that may serve as a substitute for the outdoor exercise. Or if the weather is bad, vigorous exercise in one's room with the window open may be substituted for the outdoor walk.

* * * * *

Little has been said about *the seminal vesicles*. These little bladder-like organs possess glandular walls, which secrete a gelatinous albumen, intended by nature as food for the spermatozoa. This albumen is not a vital fluid. It collects in the seminal vesicles until these organs become distended, when Nature relieves the pressure

SEXUAL HYGIENE

within the organs by causing them to empty out. This emptying of the seminal vesicles usually occurs in the night and is for that reason called a "nocturnal emission." Healthy young men of seventeen or eighteen, sometimes younger, experience these nocturnal emissions. It is a perfectly natural experience that results in no loss of vitality, only a slight depletion of material, and has on the whole a rather sedative and quieting effect following the stimulation caused by the distention of the vesicle.

When the young man first begins to experience these emissions, they are likely to come only once in two or three months; a little later they may occur as often as once in a month or six weeks. If they should later come as frequently as once in a week or ten days, nothing is to be thought of the matter unless the young man should experience a very noticeable languor and weakness following it.

This periodic filling of the seminal vesicles, and the consequent tendency to

FROM YOUTH INTO MANHOOD

sexual stimulation, as a result of a distension of the vesicles, gives to the sexual life of the young man a more or less definite ebb and flow or periodicity, as it is technically called. This accounts for the fact that most young men will every two to four weeks experience strong sexual desires and inclinations. It is at just such times that the temptation to self abuse becomes greatest, and it is just at these times that the young man needs to get a grip on himself and control his inclinations. If he can do so for a few days Nature will probably come to his relief in a nocturnal emission, and the physical cause of his temptation will be removed for another period of two to four weeks.

Some have asked in what respect Nature's method of relieving the tension differs from the artificial method of self abuse. This is the difference: *In the natural nocturnal emission only the seminal vesicle is emptied of its albumen, but in the artificial substitute there are lost not only*

SEXUAL HYGIENE

the albumen but also several million spermatozoa, together with a portion of the internal secretion. The immense difference between the natural method and the unnatural method must be clearly apparent.

* * * * *

The other sexual sin referred to is that of improper relations with members of the opposite sex. In their more extreme forms these improper acts take the form of a sexual intercourse. This act was intended by Nature to be used between married people, for the purpose of bringing children into the world. Indulging in the act out of wedlock is a sin as severely punished by Nature as it is by the laws of society and the State. A youth can hardly have reached the age of fifteen without having heard that there are women who give themselves up to lives of shame, in which they have sexual intercourse with any man that wishes it, not for procreation at all. The act is performed solely for the sexual gratification of the sensuous men who visit them.

FROM YOUTH INTO MANHOOD

In the Bible these women are called "*harlots*." That such acts against the laws of the State, of society and of nature should be followed by a severe retribution is very natural.

It is a fact well established by the statistics of specialists, that *all lewd women are diseased some of the time, while some lewd women are diseased all of the time*. What is true of the lewd women of the "bad houses" in our cities is true also of the lewd and free-living girls of the neighborhood. Even many country neighborhoods have one or two girls who are wilfully degenerate and unclean in their lives, or who have been subjected to some unfortunate conditions, early in their lives, that have robbed them of their purity. Such girls are a menace not only to the morals but also to the health of the community. Sooner or later, usually very early in her career, some fellow will give the girl a dose of gonorrhoea or clap. She is almost certain to misunderstand her condition and to take

SEXUAL HYGIENE

no effective means for getting rid of this contagious disease so she transmits it to every boy or man in the neighborhood who has sexual intercourse with her.

Many young men have confessed to me that they had caught this terrible disease on the first illicit intercourse. Specialists in this field of medical practice tell us that the lewd girls of the neighborhood are even more dangerous companions in illicit intercourse than are the professional prostitutes of the houses of ill-fame in the larger cities, dangerous as the prostitutes are.

Every young man who knows that this social condition exists at all, ought also to know that any physical contact whatsoever with a lewd woman or girl, whether such woman or girl is an inmate of a bad house or living at home and having secret relations with young men, will surely lead to contracting of a venereal disease before many such contacts have been indulged.

FROM YOUTH INTO MANHOOD

The more important of these diseases are: *gonorrhoea and syphilis*. The latter is always a blood disease. Once this disease gets access to the blood it can never be cured. Continuous medication throughout life may hold it in check, but can never free the body of its effects. What is perhaps worse than any suffering which the sinner himself is called upon to experience is that which is visited upon the succeeding generation. Once syphilis gets into the blood of any individual, the children or grand-children of that individual usually die off before the fourth generation. All the world dreads syphilis and fears it worse than leprosy. Yet the young man who visits a lewd woman is in danger of catching that terrible disease on the first contact.

Until recently gonorrhoea has not been looked upon as a particularly serious disease, but the bacteriologist with his microscope has not only found the germ which causes this contagious disease but has been

SEXUAL HYGIENE

able to follow this germ throughout the various passages and ducts of the sexual system, and also through the circulatory system into various parts of the body, which may become diseased with an absolutely incurable condition. We have not yet discovered a remedy which can hold the disease in check. Once it gets access to the blood, it runs its course and does its worst. Not only does the man who contracts the disease run the risk of complete loss of health, but he also jeopardizes the health of wife and children, even though his marriage does not occur till years later.

We have mentioned briefly some of the dire results which follow illicit sexual intercourse. These seem to be meted out by Nature as a retribution for transgressing her laws, but there is another side to this question which we must not forget. No young man can come into association with a lewd girl or woman without receiving upon his soul a blot which is not easily washed away. Surely the reader will see that he cannot

FROM YOUTH INTO MANHOOD

afford to run a risk of laying himself liable to Nature's retribution, either the physical or the mental or the spiritual.

* * * * *

Some one says, "But what is the young man to do with his feelings and inclinations? Nature gave him these inclinations. If he does not respond to them, will he not suffer some later disability?" These are perfectly fair questions. Some have thought that if the young man does not yield to these inclinations he will after a few years lose his manhood. It has, however, been well established by the medical profession that continent living, that is, sexual right-living, is no more harmful for the man than for the woman. On the other hand, *continent living is in no way injurious to either man or woman.*

The young man who holds before his mental vision an ideal of the home he hopes to establish—in which a pure wife reigns as

SEXUAL HYGIENE

queen, sovereign of his life, and gently governs her brood of lusty boys and fair girls —cannot for a moment consider as a sane solution of his sexual problem periodic visits to a lewd girl or woman, nor can he expect to develop his powers physically or intellectually, if he permits himself to contract that habit (masturbation) which, step by step, undermines his virility. There is open to the young man only one of these three alternatives, i. e. to lead the “continent life.”

The continent life is a goal which every healthy young man should strive to reach. To arrive at a goal that is before us and above us requires sacrifice and brings compensation. The sacrifice takes the form of the exertion of the whole will power of the man and the painstaking observance of those rules of hygiene which make continent living more easily attainable. The compensations of continence are those that come from the assurance that the young man has of his virility, of his worthiness to

FROM YOUTH INTO MANHOOD

take the hand of a pure wife in wedlock, and from the consciousness of his ability to establish and maintain a home, and to protect this home against all dangers.

PERSONAL HYGIENE.

It is proposed in this chapter to outline, very briefly, a few simple rules of hygiene, the observance of which will tend to bring the young man into the highest possible state of physical development. Assuming that he wishes to lead a continent life, the observance of these rules will make that much desired condition more easily attainable.

1. DIET.

a. *Choice of Food*—The young man who is boarding at a restaurant or in a boarding club can modify his diet only within the range of the menu provided. Fortunately, any young man, whether living at home or boarding away from home, can observe that most important rule of diet i. e. *to eat sparingly*. Wherever one is

FROM YOUTH INTO MANHOOD

boarding he can eat temperately; he can avoid highly spiced foods, also tea and coffee. The observance of these simple rules will go a long way towards simplifying his sexual problem. It has been discovered in a study of the influence of diet upon sexual appetite that the heavy eating of rich and highly spiced foods, indulgence in stimulants and narcotics, all tend to excite the sexual desires. Therefore, EAT TEMPERATELY.

The author presents here a menu that would be looked upon as a temperate one for a student; yet quite heavy enough for a young man employed in a shop, factory or store:

BREAKFAST.

Fruit

Well cooked cereal breakfast food with cream or a slice of bacon and an egg, with bread and butter.

Glass of milk, cocoa or cereal coffee.

PERSONAL HYGIENE

DINNER.

Soup

Meat, Potatoes and Gravy

One Vegetable

Dessert.

(Custards, tapioca pudding, rice pudding, gelatine pudding or bread pudding.)

Water

SUPPER.

Creamed Potatoes

Salmon or Sardines

Bread and Butter

Canned or Stewed Fruit

Cocoa or Milk

If lunch is served at noon, and dinner at night, the supper and dinner as given above would correspond with lunch and dinner when dinner is served at night.

If the young man is training heavily for foot-ball or other heavy athletics in which a training table is provided, or if he is employed at heavy outdoor work as on a farm,

FROM YOUTH INTO MANHOOD

he may eat a much heavier diet than the one outlined, having either eggs or meat three times a day instead of once or twice, and larger portions of each food. Even the man in athletic training, however, needs less food than is customary for men in training to take. If the foot-ball teams would eat somewhat less than they do and a smaller proportion of meat, they would be much less likely to "train stale."

b. *Stimulants and Narcotics*—It will be noted that no provision is made for coffee or tea in the above menu. Tea and coffee are stimulants, and on general principles, it is not wise to use stimulants unless one needs them. The young man of to-day does not need any other stimulant than is afforded by the usual conditions of town life.

It may be fairly said that stimulants never benefit anybody who does not need them. On the other hand, they may easily injure a person who does not need them. Coffee, for example, or tea, not only

PERSONAL HYGIENE

does not assist digestion but actually retards it. All stimulants produce a quickening of brain activity which is uniformly followed by a reaction in which the brain activity is either slowed or confused. The coffee drinker is almost certain to experience within an hour after a cup of strong coffee an exhilaration, with heightened brain activity. If one could experience this stimulation without any reaction, it might be advisable especially for those who need just such stimulation at just such a time. However, when one considers that he cannot experience stimulation without experiencing a compensatory depression, he will see that it certainly does not pay to get the one at the expense of the other, except under unusual conditions.

Now the natural tendency, and a tendency which causes many people to pass step by step into an excessive use of this stimulation, is to relieve the depression which follows the first cup of coffee by taking another cup and so on, taking coffee at

FROM YOUTH INTO MANHOOD

each meal and perhaps occasionally between meals.

While some people of phlegmatic temperament can stand such a drug habit for years without being very seriously injured, it is certainly a habit to be strongly discouraged. A person who does not use coffee or tea regularly, but wishes on rare occasions to get a stimulation, can resort to it to produce that effect, but after having gotten the effect let him get over the depression as best he can and not relieve it by taking a second cup. On the whole, the use of these stimulants is to be discouraged.

Narcotics are those drugs which cause narcosis or a dulling of the senses and a decreased activity of both the muscular and nervous systems.

One of the most common and typical narcotics is opium. Derived from opium is morphine. Cocaine belongs also to the narcotics as do the anaesthetics, such as chloroform, ether and common alcohol.

PERSONAL HYGIENE

It is hardly necessary to say anything about the use of alcohol to intelligent young men. Less and less do such young men resort to alcoholic drinks, either for their drug effect or in a spirit of good fellowship.

The intelligent people of the country realize the dangers that follow the use of alcoholic beverages. In spite of this knowledge some educated persons continue to use alcohol; but this is partly because any old custom is slow to die out, even after the reasons for giving it up are known. The more intelligent among men who drink, if they accomplish any work worth doing, find it possible to indulge only in very moderate quantities, and usually on special occasions. It would be hard to find any of them who would advise a young man to acquire the habit. It is only comparatively recently that the absolute truth of the Bible dictum—"Wine is a mocker"—has been realized.

Brandy and whiskey were taken for generations to make one warm on a cold day because it gave one temporarily a flush of

FROM YOUTH INTO MANHOOD

warm blood to the skin, only to cool down the temperature of the whole body later. Instead of raising the temperature of the body, alcohol actually lowers it.

Many people take alcohol when they are excessively hot to cool themselves, but if the temperature of the outside air is higher than the temperature of the body, as is the case on excessively hot days in summer, the rush of blood to the surface would only have the effect desired in the first few minutes of the action of the alcohol. The skin would tend to become dry, the temperature of the blood rising under the influence of the hot air. This heated blood striking the vital organs accounts for the fact that on those unusually hot days when there are many sunstrokes, most of them are among men who not only habitually take alcohol, but who are under the influence of alcohol at the time of their stroke.

Many people have taken alcohol to improve digestion, but scientific observations on digestion under the influence of alcohol

PERSONAL HYGIENE

have shown that that process is actually retarded.

Many people have taken alcohol to make their muscles strong, and one does actually imagine that he is stronger after a moderate dose, but many careful experiments on the part of numerous observers have shown that the muscles are really less strong and can do progressively less work the larger the dose of alcohol.

Many have thought that alcohol would stimulate the action of the brain and have taken it for that purpose; but experiments have shown that while there is temporarily a greater activity of the brain, this activity is less under control of the higher brain centers than is the case in normal brain action. The after-dinner champagne may loosen the tongue of a speaker but he may say many things which the judgment would not commend.

So, in all those applications that men have made of alcohol through the ages, we find on careful examination, that in every

FROM YOUTH INTO MANHOOD

case the alcohol actually has an effect opposite to that which has been attributed to it. How true are the words of the Bible: "Wine is a mocker."

If an alcoholic beverage actually helped the muscles, the brain or the glands, one would find it seriously commended by athletic trainers and coaches for preparation in athletic contests; one would find it commended by the trainers of prize fighters to help them in their preparation and in the final encounter; one would find it recommended by mountain climbers and by Arctic explorers, to stimulate the muscles for the exhausting ordeal of mountain climbing or to protect the system from the penetrating cold of the northern latitudes; alcoholic beverages are, however, not only not advised by these men for these purposes, but on the other hand, all that engage in these activities are positively forbidden to use any alcoholic beverages, even in the smallest quantities.

So the young man who would develop

PERSONAL HYGIENE

a clear thinking brain and a sound body must leave alcoholic beverages alone. Further, the young man who would have absolute control of his sexual desires must leave alcohol alone, for the first thing that alcohol does is to throw down the lines of control. It is under the influence of alcohol that the young man is almost sure to make his first visit to the house of prostitution. If a girl loses her virtue, it takes place in a majority of cases when she is under the influence of alcohol; but for this influence lessening her control, she could not be seduced. Hence *one of the requirements of continence is TOTAL ABSTINENCE.*

Under the head of narcotics must be classed also tobacco, though tobacco has several other effects besides the narcotic one. It sets up an irritation upon the mucous membranes and that is the reason why the mucous glands of the mouth secrete so freely when one chews or smokes; but the influence upon the nervous system is distinctly of a narcotic character. While

FROM YOUTH INTO MANHOOD

tobacco is a mild narcotic, and while it can be used by the adult moderately without serious results, this is certain: *no man has ever been benefited by the use of tobacco*. And while many men have been injured, even by the moderate use, all men are injured by the excessive use. Furthermore, boys and young men who have not attained the full stature of their physical development are very seriously injured and retarded in their development through even the moderate use of tobacco. There is not an educator in America who will not testify to the fact that *the use of tobacco in any form by young boys retards both the physical and mental growth*.

So tobacco certainly is another thing that is altogether proper to leave alone, and its use at the very best cannot be defended on any grounds other than that it is a sense gratification. And while it must be admitted that it may serve as a sense gratification in the case of the individual who participates in it, it must also be remembered

PERSONAL HYGIENE

that tobacco smoke or the smell of tobacco is, in a very high degree distasteful if not actually loathsome, to a large proportion of society, and the young man who gratifies sense at the expense of his neighbor certainly is on the defensive.

In so far as tobacco is a narcotic, in just so far does it disarm and put to sleep those aesthetic and moral impulses which are so helpful in the maintenance of the continent life.

c. *The Dietetic Control of the Bowels*—A most important hygienic rule is to maintain at all times a strict regulation of the bowels. By regularity of the bowels we mean, a free, normal passage of the bowels at least once in twenty-four hours. Two or three passages in twenty-four hours are not too many.

A tendency towards constipation may be hereditary. The writer finds that at least one case in four of persistent chronic constipation seems to be due to a hereditary tendency.

FROM YOUTH INTO MANHOOD

Those individuals who have from early infancy and throughout their whole life suffered from a tendency to constipation and perhaps from actual chronic constipation, find it exceedingly difficult to produce normal regular daily movements of the bowels. Whether constipation is chronic or occasional or whether it is hereditary or acquired, in any case it should be corrected if possible, through modification of the diet and of daily habits.

First of all, one must remember in this connection that the lower bowel or rectum is subject to education, and that not by any means the least important factor in overcoming a tendency to constipation, is the regular morning visit to the water closet.

The author would discourage the habit which some have of "straining at stool." This act of straining at stool together with the pressure which the hard fecal masses make on the blood vessels, increases the blood pressure in the veins of the rectum to such a high degree that it is likely to

PERSONAL HYGIENE

cause hemorrhoids or piles. But if the position favorable to a passage of the bowels be taken regularly, every morning, and a reasonable time spent in that position, and if the daily passage is brought about at that time, the muscles of the rectum will be educated to the point of contracting upon its contents at that time and under those conditions regularly, and this will be a strong factor towards regulating the movements of the bowels.

But the most important thing to consider in this connection is the dietetic regulation of the bowels. There are some foods that tend to constipate while others act as laxatives.

Such foods for example, as contain a considerable portion of tannin, are always constipating. Unripe fruits contain a high percentage of tannin which, in the ripening processes of the fruit, become changed into cellulose and sugar. Any fruit that quickly turns brown after a cut surface is exposed to the air, that stains a steel-bladed knife

FROM YOUTH INTO MANHOOD

black quickly when the fruit is cut, possesses a high percentage of tannin, and is not in a wholesome condition to eat. Unripe peaches and apples possess this characteristic. These fruits should be eaten only when ripe.

If one's diet contains too small a percentage of cellulose or pulp material, a tendency to constipation will be noticed. It has been found from investigation of this subject that the cellulose or undigested material of the cereals, vegetables and fruits is an absolute essential to good bowel action. The cellulose makes bulk in the bowels and the simple presence of this bulk of undigested material stimulates the muscular contractions.

If one were to choose for example a diet of meat, eggs, nuts, corn starch, tapioca, sugar, fats and oils, i. e., foods which will be almost completely digested and absorbed, leaving a very small amount of undigested material in the intestines, the bulk of the material in the intestines would be so small

PERSONAL HYGIENE

that they would not be stimulated to contract. Therefore, this small bulk of material, together with certain excretions from the liver and other organs, would be retained in the bowel and undergo fermentation there. Injurious substances which result from the fermentation would be absorbed, causing what is known as auto-intoxication (self-poisoning), complicated with constipation.

If, however, one mixes with the condensed foods already named a good proportion of cereals, fruits and vegetables, all of which possess a considerable percentage of undigestible material, the presence of this undigestible material in the intestines leads to strong peristaltic movements, causing the passage of this material along the intestinal tract to the rectum, which will be periodically emptied. In such cereal foods as the coarser meals (like oatmeal, various wheat preparations and corn meal) the proportion of bran substance serves as a local stimulation to the intestinal activity.

FROM YOUTH INTO MANHOOD

The little bran scales being sharp-cornered and rough, serve as a local irritant or mechanical stimulation.

What has just been said regarding the advisability of eating such coarser materials must not be taken to mean that white bread is not wholesome. On the other hand, white bread made from the "roller process" flour is in a high degree nutritious and wholesome, and may well make an important part of any dietary.

It is not hygienic to eat white bread or biscuits hot out of the oven. These hot breads tend to form doughy masses which are almost completely impervious to the digestive juices, and while they are eventually digested, it takes a very much longer time to do so than would be the case with stale bread, which is so readily masticated into a creamy consistency. If one is subjected to conditions where he must either eat hot biscuits or perhaps embarrass a most hospitable hostess, there is only one thing for him to do, *eat the biscuits.*

PERSONAL HYGIENE

It is possible, though difficult, to masticate hot bread so perfectly that it is reduced to a smooth, creamy consistency and no one should ever swallow any bread which has not been so masticated.

Among the fruits, figs, prunes and apples seem to have the most clearly marked laxative effect, though all ripe fruits generally, and especially those that are taken uncooked, have a moderate laxative effect. Belonging to this class of foods is rhubarb which, though not a fruit, is usually served as a fruit either stewed or in puddings or pies. There is no doubt that it exerts its laxative effect better if taken stewed rather than with pastry.

If one who is annoyed by a tendency to constipation wishes to correct it, a rational change of diet would be to eat freely of cereals and coarse breads and of various fruits, particularly apples, figs and prunes.

The most effective way to use these laxative fruits is to eat freely of them just before retiring. The apples and figs may be

FROM YOUTH INTO MANHOOD

eaten just as they are received from the market. Prunes may be soaked in cold water for twenty-four hours, then taken directly from the cold water and eaten.

If this is not effective, a supplementary regime may be adopted that is only in part dietetic, that is, to rise one hour before breakfast, drink two glasses of cold water and take a brisk walk of fifteen to thirty minutes before breakfast. The cold water has a tonic effect upon the stomach, preparing it for a rapid digestion of the breakfast. It also washes out the accumulation of mucous which has gathered in the stomach during the night—partly stomach-mucous and partly swallowed saliva—and which may easily equal a pint in volume. This pint of mucous plus the pint of water, pours through the pylorus, works its way rapidly down through the alimentary tract, washing the whole tract and preparing it to receive and rapidly to digest the next meal. This slimy water, having washed out the stomach and small intestine, then passes

PERSONAL HYGIENE

into the large intestine, moistening and lubricating its contents and causing it to move gradually toward the rectum, where it stimulates a normal free passage of the bowels after breakfast. Any usual case of constipation will yield to this treatment. Such a treatment is incomparably more rational than the taking of medicines.

d. *The Dietic Control of Sleep*—Most students get their lessons in the evening. If their heavy meal is a dinner at 5:30 or 6 p. m. they are likely to feel drowsy by 7:30 or 8 o'clock. This is a perfectly natural experience, all animals manifesting a drowsiness after a heavy meal. If one could lie down and sleep for an hour while his dinner is digesting, he could probably rise at 9 o'clock and put in two hours of good hard work. He would find himself at 11 o'clock so thoroughly awake, however, that he might have difficulty in getting to sleep if he retired at that hour. If on the other hand, one has his dinner in the middle of the day and a light supper

FROM YOUTH INTO MANHOOD

at night, he is able to begin studying within an hour after supper and keep it up until he is ready to retire. In this case also, he is likely to be so wide awake at the time of retiring that he may have difficulty in getting to sleep. In either of these cases, it is altogether proper and advisable to take a light lunch before retiring. A double purpose may be served by this lunch. In the first place, the taking of anything into the stomach that requires digestion tends to deplete the circulation from other organs (brain in this case) to the stomach. In the second place, the food may be so chosen as to exert a definite somnolent effect. Such foods are celery, lettuce, onions, warm milk. It may not be convenient to get warm milk at midnight but it would hardly be inconvenient to provide one's self with two or three graham crackers and a stalk of celery. These with a drink of water and a little brisk exercise before an open window ought so far to

PERSONAL HYGIENE

divert the circulation from the brain as to enable one to fall asleep quickly.

e. *The Dietic Control of the Kidneys and Skin*—The proper stimulation of excretion through the kidneys and skin may be an exceedingly important thing, particularly if one has just caught a cold and wishes to establish free excretion. The food which has a most clearly marked effect upon both kidneys and skin is the juice of the citrus fruits. These fruits, as they appear in our markets, are lemons, oranges and grape fruit. All of these fruits are in a high degree wholesome as an addition to the dietary. Lemon juice is far more wholesome than vinegar in salads. The juices of lemons and oranges make most refreshing and deliciously cooling drinks in summer, and on occasions when one wishes to get a strong stimulation of the kidneys and skin, he has only to drink large quantities of hot lemonade.

f. *The Dietic Method of Curing a Cold*—A whole quart or more of hot lem-

FROM YOUTH INTO MANHOOD

onade may be taken on retiring after one has caught a cold. The effect in such case would be to cause a free sweating and copious urination. Both the action of the kidneys and the skin would tend to carry away from the system the waste material that has been retained as a result, or perhaps cause, of the cold.

It is hardly necessary to add in this connection that care should be taken that during the sweating or immediately following it, the body should not be exposed to catch more cold. In this method of treating a cold one should take a strong cathartic such as two or three teaspoonfuls of castor oil, and should remain in bed twenty-four hours. During this twenty-four hours no other food than a little light broth should be taken. This treatment usually completely breaks up a cold and one is able, in two or three days, to make good the loss of the twenty-four hours, during which time he was confined in his room.

This dietetic method of caring for an

PERSONAL HYGIENE

acute catarrhal cold is incomparably wiser and more economical than to drag around, hoping to "wear out the cold" only to be worn out by it.

2. BATHS.

The Bath For Cleanliness—Little need be said here regarding the bath for cleanliness, except that it should be taken at least once in a week during the colder portion of the year and perhaps as frequently as once a day during that portion of the year when there is free perspiration.

Where one is bathing for cleanliness he may well use soap and warm water over the whole surface of the body. If he takes this bath just before retiring, it is not necessary to take a cold shower or sponge at the end of the bath. If, however, one takes a warm soap bath in the morning the relaxing effect of the bath upon the skin makes it necessary to take a cold shower or a cold sponge after the warm

FROM YOUTH INTO MANHOOD

bath, in order to secure the tonic effect upon the skin and to fortify one against catching cold.

During the hot weather when one may bathe daily for cleanliness, he should guard against an excessive use of soap, as a daily soap bath may have a tendency to remove the oils from the skin so completely as to make the skin rough. With the daily bath for cleanliness it is possible that warm water and soap need not be used more frequently than once or twice a week and that a laving of the whole surface with cold water followed by a vigorous rub down with a coarse towel may serve the double purpose of insuring absolute cleanliness, and at the same time serving as a skin tonic.

In this connection the author would emphasize the importance of insuring absolute cleanliness of the sexual apparatus. In primeval conditions less attention was necessary as these organs were more or less exposed, but the present method of dress is such as to permit the accumulation

PERSONAL HYGIENE

of the skin secretions. While these may in part be removed by the friction against the clothing, it is advisable to wash the external genitals and all neighboring surfaces as a regular part of the daily toilet.

The Tonic Bath—In warm weather when one takes a daily bath to insure cleanliness, at least five of these baths each week may be in cold water, sufficiently cold to secure the tonic effect as described above. In cold weather, when one takes not more than one or two warm soap baths a week, the cold tonic bath can be made to serve a most important purpose in the hygiene.

Some have followed the custom of immersing the body completely in a tub of cold water. This method of taking the cold bath is not to be recommended except for those who are in the most robust health, and in these cases, so vigorous a treatment is not necessary nor particularly beneficial. The author has seen many people who were

FROM YOUTH INTO MANHOOD

injured by this method of taking the tonic bath.

There are two methods to be recommended: (a) Those who have access to a cold shower may stand for a moment, and for a moment only, under the cold shower, then step at once upon a warm rug and rub the whole surface of the body vigorously with a dry crash towel, until the whole surface of the body glows with the warmth of the reaction. (b) If one does not have access to the cold shower, he may take a most effective tonic bath in his room, using cold water, the coldest obtainable, and a bath sponge, or even a wash cloth, dipping the sponge into the cold water, then pressing out enough so that there will be no excess of water to run over the surface of the body from the sponge. Begin by sponging face, neck, shoulders, arms and chest, then wipe these parts dry, subject them to vigorous friction with the crash towel until the arms, shoulders and chest particularly glow with the warmth of the reaction. While one

PERSONAL HYGIENE

half of the body is receiving its bath the other half may be kept covered. This tonic bath should be taken immediately upon arising in the morning, and as a part of the morning toilet.

If one takes such a tonic bath on arising, then dresses hurriedly and takes a brisk walk of fifteen or thirty minutes, the regime quickly brings his body into the most vigorous and robust state of health, unless there is something wrong with his digestion or his excretion; and moderate derangements of these will be very likely to be corrected by the regime just suggested.

3. EXERCISE.

Incident to the above topic, mention has been made of the brisk morning walk before breakfast. This has a most salutary tonic effect beside the influence that it exerts upon the bowel movements. Not the least important result of this morning exercise depends on the fact that the lungs

FROM YOUTH INTO MANHOOD

are repeatedly and completely inflated with the pure out-of-door air. This naturally exerts a most powerful influence upon the development of the lungs in youth or the maintenance of their vigor in middle age.

The increased heart action is also advantageous as it leads to hastened circulation through the muscles, glands and brain. This hurrying blood current not only carries nutriment to these organs, but carries away their accumulation of used up material to the excretory glands.

The student must be cautioned not to overdo this early morning exercise. The mile run, the mile row or any other strenuous exercise is strongly to be discouraged at this time of the day. If one overdoes morning exercise, he is likely to feel somewhat depleted and fatigued throughout the remainder of the forenoon, and his ability to do a high grade of mental work is decreased rather than increased.

Besides the morning exercise, every per-

PERSONAL HYGIENE

son who wishes to live a vigorous physical life should have from one to two hours of heavier exercise during the latter part of the day or evening. This exercise may take any one of many forms. It may be golf, tennis, foot-ball, base-ball, cricket, rowing, lacrosse, basket-ball, cross country riding, track or gymnasium work, etc., etc. The immediate results of this exercise should be largely to increase lung and heart action and to cause a sufficient fatigue of the muscular system so that rest is sought and may be followed by dreamless, recuperative sleep.

It might at first seem paradoxical that to build up strong muscles we must first fatigue them, but that seems to be Nature's plan. The only way to build up a strong physique is to use that physique and use it to its maximum capacity.

If one exercises thus freely and eats with restraint he ought not to lay on fat. If he does lay on fat, he may know that he is eating more than he needs and he should

FROM YOUTH INTO MANHOOD

make his diet more temperate. The youth of eighteen or nineteen who is tall and rather spare, and whose muscular system has not reached its full development would, of course, increase his weight incident to the growth of his muscular system. This increase in weight must not be confused with increase of weight through fat deposit. The latter should be avoided—the former should be encouraged.

Not by any means the least important thing accomplished by a young man's physical exercise is the association with his fellows incident to his exercise. The courage, nerve control, quick judgment, agility and strength required on the foot-ball field make no small part of the young man's equipment to fight the battles of life. The conditions of these games give frequent opportunities for him to cultivate the spirit of honesty and fair play—the spirit without which no man can reach his highest success in the real contests of life.

PERSONAL HYGIENE

4. THE HYGIENIC REQUIREMENTS OF SLEEP.

The personal hygiene of sleep is by no means an unimportant topic, though it may be briefly treated.

The amount of sleep that each individual requires and should take can be determined only by the individual. Some seem to require ten hours, others eight, others six, while rarely individuals are found who seem to thrive on even as little as five hours of sleep out of twenty-four. The average requirement seems to be about eight hours. If one has by experience or experiment determined the amount of sleep he requires, he should so plan his daily regime that he can secure that amount of sleep. While a brief departure from this regime may be without serious results, any prolonged departure from it will certainly bring its natural retribution. So, the young man having determined how much sleep he needs, should adopt a daily program that will provide for just that many hours in bed, and he should

FROM YOUTH INTO MANHOOD

early establish the habit of going to sleep at once upon retiring, and of arising at once upon awakening. Dallying in bed has led many a young man to lapse into habits of thought and of action that are in a high degree harmful, morally and physically.

So far as one may choose the equipment of his sleeping apartment, he should choose a hard bed and a cover as light as may be possible with comfort.

One should never retire with cold feet. A most effective way to warm the feet is to dip them for a moment in cold water and then rub them vigorously with a coarse towel until they glow with warmth. Furthermore, no more effective remedy for habitual cold feet could be devised than this nightly tonic bath.

One will add greatly to his comfort and decrease largely the danger of taking cold if he provides himself with a pair of warm bedroom slippers, which should always be worn during one's excursions to the bath room, and during his tonic sponge bath.

PERSONAL HYGIENE

As to posture in bed, the experience of men in general is that the most comfortable posture and the most hygienic one is to lie upon the side. The right side is to be preferred to the left because in this position the heart, being on the upper side, is not embarrassed in its free movement by the bearing down of the lung tissue. Furthermore, this position facilitates the passage of digesting foods from the stomach. To maintain comfortably this side position, requires that the knees be at least moderately drawn up. This posture during sleep is practically identical with that of nearly all higher animals, and is unquestionably the most hygienic one for man. No animal but man ever lies upon its back unless it is dead. Furthermore, the dorsal position puts tendons, nerves and muscles on a stretch, while the drawn-up side position puts these in a more or less relaxed state which is most favorable to rest.

It goes without saying that sleeping rooms should always be thoroughly venti-

FROM YOUTH INTO MANHOOD

lated. The occupant should take care that he does not lie in a direct draught from a window or door, because it has been found by experience that one is less likely to catch cold if he sleeps out of doors than he is if he sleeps in a direct draught from a window or door. Just why this is has not been satisfactorily accounted for, but the fact remains. So if you must sleep in the house, secure perfect ventilation without direct draughts.

5. THE CONTROL OF THE THOUGHTS.

There is no more effective safeguard for the man who wishes to lead a continent life than the control of the thoughts. It goes without saying that the man who thinks about sexual matters, especially the one whose imagination runs wild upon all kinds of sexually stimulating images, is only inviting temptation to relax his continence. If he controls his thoughts during those times when he is less amenable to tempta-

PERSONAL HYGIENE

tion, he is far more likely to be able to control his acts at those times when his physical condition makes him most amenable to temptation.

The most effective way to control the thoughts is so to plan one's work as to insure the complete occupation of the mind with affairs that are wholly independent of sexual experiences or considerations. One should set a mark for himself so high above his present position that he is compelled to put forth strenuous and unremitting efforts in order to accomplish his aim. The old saying, "Satan finds some mischief still for idle hands to do," is all too true. Anyone may observe the influence of idleness or even the influence of a partially occupied program upon the habits of the youth and young man. Beard and Rockwell, in their valuable work on the subject say: "Go to work; develop your muscles and brain; resolve to become at least useful if not famous. The activity which will be neces-

FROM YOUTH INTO MANHOOD

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